

USDA Nutrient Database for Standard Reference, Release 14

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	715.95
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	704.85
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	675.90
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	675.90
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	672.65
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	659.10
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	545.20
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	500.25
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	408.48
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	407.10
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	391.92
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	358.38
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	357.76
20084	Wheat flour, white, cake, enriched	137	1 cup	341.13
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	339.14
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	335.70
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	335.70
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	335.70
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	335.70
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	335.70
20083	Wheat flour, white, bread, enriched	137	1 cup	331.54
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	330.15
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	305.00
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	301.84
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	294.12
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	290.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	282.08
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	278.00
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	268.64
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	262.80
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	256.28
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	254.80
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	245.65
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	243.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	239.70
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	230.10
11461	Spinach, canned, drained solids	214	1 cup	209.72
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	209.55
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	205.20

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11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	205.20
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	203.76
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	199.80
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	199.47
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	197.01
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	190.80
18031	Bread, indian (navajo) fry	160	10-1/2" bread	187.20
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	187.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	181.97
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	180.54
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	179.85
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	177.60
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	176.86
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	176.70
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	176.10
16051	Beans, white, mature seeds, canned	262	1 cup	170.30
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	170.23
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	169.92
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	166.77
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	166.66
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	166.59
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	166.59
20110	Noodles, egg, cooked, enriched	160	1 cup	166.40
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	166.32
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	165.90
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	165.90
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	165.90
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	165.90
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	165.90
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	165.90
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	165.90
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	30	1 cup	165.90
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	165.90
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	165.90
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	164.72
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	164.36
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	163.80

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08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	163.66
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	162.80
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	161.70
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	161.70
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	160.80
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	160.00
20100	Macaroni, cooked, enriched	140	1 cup	159.60
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	159.60
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	158.40
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	157.53
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	157.17
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	156.55
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	156.04
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	154.07
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	154.07
20045	Rice, white, long-grain, regular, cooked	158	1 cup	153.26
21082	Fast foods, taco, beef	263	1 large	152.54
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	151.98
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	150.92
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	150.40
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	149.24
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	149.10
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	149.10
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	144.30
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	144.13
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	143.50
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	139.80
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	136.12
11081	Beets, cooked, boiled, drained	170	1 cup	136.00
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	135.68
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	134.75
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	133.59
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	133.45
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	130.56
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	130.20
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	129.20
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	127.40
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	125.84
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	125.84

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21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	122.85
18005	Bagels, cinnamon-raisin	89	4" bagel	122.82
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	122.40
16073	Lima beans, large, mature seeds, canned	241	1 cup	120.50
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	120.06
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	119.26
18003	Bagels, egg	89	4" bagel	119.26
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	118.99
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	118.26
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	115.54
09226	Papayas, raw	304	1 papaya	115.52
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	115.20
21083	Fast foods, taco salad	198	1-1/2 cups	112.86
21077	Fast foods, frijoles with cheese	167	1 cup	111.89
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	111.80
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	110.74
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	110.55
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	109.56
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	109.44
18031	Bread, indian (navajo) fry	90	5" bread	105.30
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103.04
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	102.90
21023	Breakfast items, french toast with butter	135	2 slices	102.60
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	102.20
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	101.64
21024	Fast foods, french toast sticks	141	5 sticks	101.52
12167	Nuts, chestnuts, european, roasted	143	1 cup	100.10
21082	Fast foods, taco, beef	171	1 small	99.18
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	97.98
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	96.10
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	95.95
18003	Bagels, egg	71	3-1/2" bagel	95.14
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	95.14
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	94.90
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	94.40
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	94.40
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	93.61

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11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	93.60
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	93.60
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	93.24
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	92.88
11658	Spinach souffle, home-prepared	136	1 cup	92.48
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	90.65
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	90.48
21119	Fast foods, hotdog, with chili	114	1 sandwich	88.92
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	88.56
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	87.98
11012	Asparagus, cooked, boiled, drained	60	4 spears	87.60
18041	Bread, pita, white, enriched	60	6-1/2" pita	87.00
21074	Fast foods, enchilada, with cheese	163	1 enchilada	86.39
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	86.31
18353	Rolls, hard (includes kaiser)	57	1 roll	86.07
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	86.04
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	85.68
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	85.50
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	84.66
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	84.63
21129	Fast foods, hush puppies	78	5 pieces	83.46
21015	Fast foods, danish pastry, cheese	91	1 pastry	82.81
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	82.80
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	81.00
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	79.10
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	78.09
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	78.00
16008	Beans, baked, canned, with franks	259	1 cup	77.70
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	76.86
11251	Lettuce, cos or romaine, raw	56	1 cup	76.16
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	75.84
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	75.60
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	74.80
09206	Orange juice, raw	248	1 cup	74.40
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	74.20
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	73.80
18309	Pie, cherry, prepared from recipe	180	1 piece	73.80
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	73.60
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	73.44
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	72.77

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11213	Endive, raw	50	1 cup	71.00
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	70.28
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	69.70
11015	Asparagus, canned, drained solids	72	4 spears	69.12
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	68.11
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	67.58
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	67.19
21043	Fast foods, clams, breaded and fried	115	3/4 cup	65.55
09306	Raspberries, frozen, red, sweetened	250	1 cup	65.00
20011	Buckwheat flour, whole-groat	120	1 cup	64.80
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	64.32
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	64.22
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	64.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	63.96
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	63.84
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	63.44
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	63.07
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	62.66
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	62.64
11090	Broccoli, raw	88	1 cup	62.48
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	62.40
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	62.40
20113	Noodles, chinese, chow mein	45	1 cup	62.10
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	62.10
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	61.80
18350	Rolls, hamburger or hotdog, plain	43	1 roll	61.49
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	61.20
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	60.96
21118	Fast foods, hotdog, plain	98	1 sandwich	60.76
18245	Danish pastry, cheese	71	1 danish	60.35
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	59.64
18302	Pie, apple, prepared from recipe	155	1 piece	58.90
19061	Snacks, trail mix, tropical	140	1 cup	58.80
21088	Tostada with guacamole	130.5	1 tostada	58.73
22906	Chicken pot pie, frozen entree	217	1 small pie	58.59
11457	Spinach, raw	30	1 cup	58.20
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	58.19
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	58.05
22904	Chili con carne with beans, canned entree	222	1 cup	57.72
11546	Tomato products, canned, paste, without salt added	262	1 cup	57.64
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	57.50

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11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	57.40
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	57.00
11135	Cauliflower, raw	100	1 cup	57.00
11439	Sauerkraut, canned, solids and liquids	236	1 cup	56.64
11114	Cabbage, savoy, raw	70	1 cup	56.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	56.00
21042	Fast foods, chili con carne	253	1 cup	55.66
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	55.12
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	54.56
09200	Oranges, raw, all commercial varieties	180	1 cup	54.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	53.95
09226	Papayas, raw	140	1 cup	53.20
18306	Pie, blueberry, prepared from recipe	147	1 piece	52.92
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	52.89
20080	Wheat flour, whole-grain	120	1 cup	52.80
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	52.80
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	52.14
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	52.08
18027	Bread, egg	40	1/2" slice	52.00
18023	Bread, cornbread, dry mix, prepared	60	1 piece	51.60
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	51.48
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	51.03
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	51.03
11084	Beets, canned, drained solids	170	1 cup	51.00
18367	Waffles, plain, prepared from recipe	75	1 waffle	51.00
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	50.92
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	50.84
11578	Vegetable juice cocktail, canned	242	1 cup	50.82
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	50.61
18239	Croissants, butter	57	1 croissant	49.02
09042	Blackberries, raw	144	1 cup	48.96
20033	Oat bran, raw	94	1 cup	48.88
18243	Croutons, seasoned	40	1 cup	48.80
11540	Tomato juice, canned, with salt added	243	1 cup	48.60
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	47.63
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	47.58
18324	Pie, pecan, commercially prepared	113	1 piece	47.46
18279	Muffins, corn, commercially prepared	57	1 muffin	46.74
06174	Soup, stock, fish, home-prepared	233	1 cup	46.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	46.50
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	46.40
21051	Entrees, pizza with pepperoni	71	1 slice	46.15
20005	Barley, pearled, raw	200	1 cup	46.00
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	45.72
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	45.41
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	44.85
09209	Orange juice, chilled, includes from concentrate	249	1 cup	44.82
09207	Orange juice, canned, unsweetened	249	1 cup	44.82
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	44.52
18280	Muffins, corn, dry mix, prepared	50	1 muffin	44.50
21049	Entrees, pizza with cheese	63	1 slice	43.47
18327	Pie, pumpkin, prepared from recipe	155	1 piece	43.40
11512	Sweetpotato, canned, vacuum pack	255	1 cup	43.35
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	43.35
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	43.35
18283	Muffins, oat bran	57	1 muffin	43.32
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	43.20
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	43.20
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	43.20
20089	Wild rice, cooked	164	1 cup	42.64
18268	French toast, frozen, ready-to-heat	59	1 slice	42.48
21017	Fast foods, danish pastry, fruit	94	1 pastry	42.30
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	41.61
18325	Pie, pecan, prepared from recipe	122	1 piece	41.48
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	41.25
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	41.25
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	41.11
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	41.11
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	40.95
18305	Pie, blueberry, commercially prepared	117	1 piece	40.95
18041	Bread, pita, white, enriched	28	4" pita	40.60
09278	Plantains, cooked	154	1 cup	40.04
11081	Beets, cooked, boiled, drained	50	1 beet	40.00
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	39.96
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	39.48
09277	Plantains, raw	179	1 medium	39.38
09200	Oranges, raw, all commercial varieties	131	1 orange	39.30
11206	Cucumber, peeled, raw	280	1 large	39.20
11205	Cucumber, with peel, raw	301	1 large	39.13

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11581	Vegetables, mixed, canned, drained solids	163	1 cup	39.12
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	38.72
21127	Fast foods, coleslaw	99	3/4 cup	38.61
18220	Crackers, melba toast, plain	20	4 pieces	38.60
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	38.40
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	38.25
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	38.08
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	38.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	37.84
20012	Bulgur, dry	140	1 cup	37.80
18116	Cake, gingerbread, prepared from recipe	74	1 piece	37.74
18308	Pie, cherry, commercially prepared	117	1 piece	37.44
18319	Pie, fried pies, fruit	128	1 pie	37.12
18444	Pie, fried pies, cherry	128	1 pie	37.12
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	37.05
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	37.05
18274	Muffins, blueberry, commercially prepared	57	1 muffin	37.05
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	37.05
18139	Cake, white, prepared from recipe without frosting	74	1 piece	37.00
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	36.60
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	36.55
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	36.34
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36.15
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	35.96
18044	Bread, pumpernickel	32	1 slice	35.84
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	35.72
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	35.70
18060	Bread, rye	32	1 slice	35.52
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	35.42
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	35.42
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	35.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	34.80
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	34.78
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	34.76
20028	Couscous, dry	173	1 cup	34.60
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	34.58
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	34.50
01095	Milk, canned, condensed, sweetened	306	1 cup	33.66
11143	Celery, raw	120	1 cup	33.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	33.58
18134	Cake, sponge, prepared from recipe	63	1 piece	33.39
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	33.15
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	33.00
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	32.89
11333	Peppers, sweet, green, raw	149	1 cup	32.78
11821	Peppers, sweet, red, raw	149	1 cup	32.78
20013	Bulgur, cooked	182	1 cup	32.76
11159	Coleslaw, home-prepared	120	1 cup	32.40
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	32.30
18047	Bread, raisin, enriched	26	1 slice	32.24
12120	Nuts, hazelnuts or filberts	28.35	1 oz	32.04
01037	Cheese, ricotta, part skim milk	246	1 cup	31.98
09302	Raspberries, raw	123	1 cup	31.98
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	31.95
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	31.85
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	31.85
14316	Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	265	1 cup	31.80
18057	Bread, reduced-calorie, white	23	1 slice	31.74
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	31.50
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	31.05
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	31.05
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	30.80
20020	Cornmeal, whole-grain, yellow	122	1 cup	30.50
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	30.45
11282	Onions, raw	160	1 cup	30.40
11109	Cabbage, raw	70	1 cup	30.10
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30.00
09316	Strawberries, raw	166	1 cup	29.88
01036	Cheese, ricotta, whole milk	246	1 cup	29.52
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	29.40
11424	Pumpkin, canned, without salt	245	1 cup	29.40
11641	Squash, summer, all varieties, raw	113	1 cup	29.38
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	29.38
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	29.28
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	29.28
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	29.16
09176	Mangos, raw	207	1 mango	28.98
19087	Sweets, candies, confectioner's coating, white	170	1 cup	28.90

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	28.88
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	28.80
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	28.80
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	28.56
09040	Bananas, raw	150	1 cup	28.50
18033	Bread, italian	20	1 slice	28.20
18045	Bread, pumpernickel, toasted	29	1 slice	28.13
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	28.08
11253	Lettuce, looseleaf, raw	56	1 cup	28.00
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	27.78
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	27.75
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	27.72
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	27.50
11547	Tomato products, canned, puree, without salt added	250	1 cup	27.50
14341	Pineapple and orange juice drink, canned	250	8 fl oz	27.50
01123	Egg, whole, raw, fresh	58	1 extra large	27.26
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	27.24
09181	Melons, cantaloupe, raw	160	1 cup	27.20
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	27.12
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	27.00
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	27.00
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	26.91
05292	Turkey patties, breaded, battered, fried	64	1 patty	26.88
01164	Cheese sauce, prepared from recipe	243	1 cup	26.73
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	26.73
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	26.70
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	26.53
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	26.52
18070	Bread, white, commercially prepared, toasted	22	1 slice	26.40
11333	Peppers, sweet, green, raw	119	1 pepper	26.18
11821	Peppers, sweet, red, raw	119	1 pepper	26.18
18326	Pie, pumpkin, commercially prepared	109	1 piece	26.16
18048	Bread, raisin, toasted, enriched	24	1 slice	25.92
09206	Orange juice, raw	86	juice from 1 orange	25.80
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	25.60
22905	Beef stew, canned entree	232	1 cup	25.52
18064	Bread, wheat (includes wheat berry)	25	1 slice	25.50
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	25.50
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25.20
20006	Barley, pearled, cooked	157	1 cup	25.12

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	25.06
06166	Sauce, homemade, white, medium	250	1 cup	25.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	25.00
09124	Grapefruit juice, canned, sweetened	250	1 cup	25.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	24.97
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	24.96
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	24.95
19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	24.75
09128	Grapefruit juice, white, raw	247	1 cup	24.70
09123	Grapefruit juice, canned, unsweetened	247	1 cup	24.70
09404	Grapefruit juice, pink, raw	247	1 cup	24.70
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	24.65
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	24.50
09153	Lemon juice, canned or bottled	244	1 cup	24.40
01125	Egg, yolk, raw, fresh	16.6	1 large	24.24
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	24.10
18088	Cake, angelfood, dry mix, prepared	50	1 piece	24.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	23.94
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	23.76
01007	Cheese, camembert	38	1 wedge	23.56
20029	Couscous, cooked	157	1 cup	23.55
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	23.53
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	23.53
20010	Buckwheat groats, roasted, cooked	168	1 cup	23.52
01123	Egg, whole, raw, fresh	50	1 large	23.50
18039	Bread, oatmeal	27	1 slice	23.49
18061	Bread, rye, toasted	24	1 slice	23.28
18055	Bread, reduced-calorie, wheat	23	1 slice	23.23
18360	Taco shells, baked	13.3	1 medium	23.14
09087	Dates, domestic, natural and dry	178	1 cup	23.14
09176	Mangos, raw	165	1 cup	23.10
01097	Milk, canned, evaporated, nonfat	256	1 cup	23.04
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	22.86
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	22.80
16112	Miso	68.75	1 cup	22.69
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	22.68
01013	Cheese, cottage, creamed, with fruit	226	1 cup	22.60
09040	Bananas, raw	118	1 banana	22.42
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	22.36
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	22.26
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	22.22

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	22.10
11549	Tomato products, canned, sauce	245	1 cup	22.05
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22.05
11090	Broccoli, raw	31	1 spear	22.01
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	22.00
09340	Pears, asian, raw	275	1 pear	22.00
01129	Egg, whole, cooked, hard-boiled	50	1 large	22.00
01111	Milk shakes, thick vanilla	313	11 fl oz	21.91
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.84
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	21.76
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	21.76
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	21.75
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	21.66
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	21.60
14003	Alcoholic beverage, beer, regular	355	12 fl oz	21.30
14310	Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	265	1 cup	21.20
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	21.00
11282	Onions, raw	110	1 whole	20.90
01123	Egg, whole, raw, fresh	44	1 medium	20.68
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.52
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	20.48
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	20.47
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	20.43
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20.40
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20.40
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	20.40
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	20.16
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	20.16
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	20.00
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	19.84
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	19.80
18316	Pie, coconut custard, commercially prepared	104	1 piece	19.76
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	19.68
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	19.56
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	19.55
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19.55
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	19.53
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	19.53
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	19.52

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11226	Jerusalem-artichokes, raw	150	1 cup	19.50
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	19.50
11457	Spinach, raw	10	1 leaf	19.40
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	19.28
18310	Pie, chocolate creme, commercially prepared	113	1 piece	19.21
18320	Pie, lemon meringue, commercially prepared	113	1 piece	19.21
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	19.20
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	19.11
18025	Bread, cracked-wheat	25	1 slice	19.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	18.90
18040	Bread, oatmeal, toasted	25	1 slice	18.75
11264	Mushrooms, canned, drained solids	156	1 cup	18.72
09038	Avocados, raw, California	28.35	1 oz	18.71
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18.70
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	18.70
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	18.50
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	18.45
18090	Cake, boston cream pie, commercially prepared	92	1 piece	18.40
01132	Egg, whole, cooked, scrambled	61	1 large	18.30
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	18.20
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	18.20
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	18.20
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	18.20
18177	Cookies, molasses	15	1 cookie, medium	18.15
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	18.00
11445	Seaweed, kelp, raw	10	2 tbsp	18.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	17.58
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	17.51
11414	Potato salad, home-prepared	250	1 cup	17.50
01131	Egg, whole, cooked, poached	50	1 large	17.50
01128	Egg, whole, cooked, fried	46	1 large	17.48
11672	Potato pancakes, home-prepared	76	1 pancake	17.48
18120	Cake, pound, commercially prepared, butter	28	1 piece	17.36
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	17.28
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	17.16
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	17.16
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	17.15
18133	Cake, sponge, commercially prepared	30	1 shortcake	17.10
09266	Pineapple, raw	155	1 cup	17.05
08143	Cereals, WHEATENA, cooked with water	243	1 cup	17.01

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17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	16.92
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	16.90
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	16.80
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	16.80
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	16.80
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	16.80
11206	Cucumber, peeled, raw	119	1 cup	16.66
15128	Finfish, tuna salad	205	1 cup	16.40
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	16.24
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	16.20
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	16.16
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	16.16
09055	Blueberries, frozen, sweetened	230	1 cup	16.10
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16.06
18147	Cheesecake commercially prepared	80	1 piece	16.00
18086	Cake, angelfood, commercially prepared	28	1 piece	15.96
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	15.89
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	15.68
11124	Carrots, raw	110	1 cup	15.40
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	15.30
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	15.30
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	15.30
11297	Parsley, raw	10	10 sprigs	15.20
18053	Bread, reduced-calorie, rye	23	1 slice	15.18
09060	Carambola, (starfruit), raw	108	1 cup	15.12
18151	Cookies, brownies, commercially prepared	56	1 brownie	15.12
09039	Avocados, raw, Florida	28.35	1 oz	15.03
01110	Milk shakes, thick chocolate	300	10.6 fl oz	15.00
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	14.90
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	14.76
16097	Peanut butter, chunk style, with salt	16	1 tbsp	14.72
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.72
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14.70
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	14.70
11112	Cabbage, red, raw	70	1 cup	14.70
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	14.70
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	14.64
18229	Crackers, standard snack-type, regular	12	4 crackers	14.52

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	14.28
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	14.18
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14.18
14006	Alcoholic beverage, beer, light	354	12 fl oz	14.16
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	14.10
11363	Potatoes, baked, flesh, without salt	156	1 potato	14.04
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14.04
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14.04
18075	Bread, whole-wheat, commercially prepared	28	1 slice	14.00
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	13.86
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	13.65
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	13.60
11251	Lettuce, cos or romaine, raw	10	1 leaf	13.60
15157	Mollusks, clam, mixed species, raw	85	3 oz	13.60
11205	Cucumber, with peel, raw	104	1 cup	13.52
11399	Potato puffs, frozen, prepared	79	10 puffs	13.43
14346	Shake, fast food, chocolate	333	16 fl oz	13.32
14177	Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	13.30
20034	Oat bran, cooked	219	1 cup	13.14
11128	Carrots, canned, regular pack, drained solids	146	1 cup	13.14
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	12.90
18110	Cake, fruitcake, commercially prepared	43	1 piece	12.90
11961	Hearts of palm, canned	33	1 piece	12.87
11364	Potatoes, baked, skin, without salt	58	1 skin	12.76
19411	Snacks, potato chips, plain, salted	28.35	1 oz	12.76
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	12.76
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	12.75
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	12.75
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	12.75
09060	Carambola, (starfruit), raw	91	1 fruit	12.74
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	12.74
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	12.70
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	12.60
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	12.60
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	12.50
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	12.50
01102	Milk, chocolate, fluid, commercial,	250	1 cup	12.50
11370	Potatoes, hashed brown, home-prepared	156	1 cup	12.48
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	12.45
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	12.45
09223	Tangerine juice, canned, sweetened	249	1 cup	12.45

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	12.32
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.25
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	12.25
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.20
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	12.20
01077	Milk, fluid, 3.25% milkfat	244	1 cup	12.20
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	12.16
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12.15
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12.00
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	12.00
18214	Crackers, cheese, regular	10	10 crackers	11.90
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	11.90
11001	Alfalfa seeds, sprouted, raw	33	1 cup	11.88
16098	Peanut butter, smooth style, with salt	16	1 tbsp	11.84
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	11.80
09181	Melons, cantaloupe, raw	69	1/8 melon	11.73
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	11.73
12104	Nuts, coconut meat, raw	45	1 piece	11.70
09252	Pears, raw	166	1 pear	11.62
16158	Hummus, commercial	14	1 tbsp	11.62
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	11.55
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	11.50
08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	11.50
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	11.50
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	11.43
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11.34
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	11.22
11143	Celery, raw	40	1 stalk	11.20
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	11.06
15034	Finfish, haddock, cooked, dry heat	85	3 oz	11.05
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11.05
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	10.80
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	10.77
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	10.56
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	10.36
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	10.36
11819	Peppers, hot chili, red, raw	45	1 pepper	10.35
11670	Peppers, hot chili, green, raw	45	1 pepper	10.35
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	10.35
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	10.21

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01004	Cheese, blue	28.35	1 oz	10.21
09184	Melons, honeydew, raw	170	1 cup	10.20
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	10.20
21078	Fast foods, nachos, with cheese	113	6-8 nachos	10.17
11124	Carrots, raw	72	1 carrot	10.08
14347	Shake, fast food, vanilla	333	16 fl oz	9.99
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	9.92
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	9.92
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	9.88
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9.80
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	9.80
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	9.76
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	9.76
09340	Pears, asian, raw	122	1 pear	9.76
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	9.75
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	9.66
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	9.64
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	9.60
09184	Melons, honeydew, raw	160	1/8 melon	9.60
21033	Fast foods, sundae, hot fudge	158	1 sundae	9.48
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.46
11655	Carrot juice, canned	236	1 cup	9.44
01143	Egg substitute, liquid	62.75	1/4 cup	9.41
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	9.36
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9.35
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	9.35
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	9.31
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	9.24
01019	Cheese, feta	28.35	1 oz	9.07
14355	Tea, brewed, prepared with tap water	178	6 fl oz	8.90
09050	Blueberries, raw	145	1 cup	8.70
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	8.64
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	8.50
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	8.50
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	8.50
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	8.50
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	8.50

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	8.40
11260	Mushrooms, raw	70	1 cup	8.40
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	8.40
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.40
11284	Onions, dehydrated flakes	5	1 tbsp	8.30
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	8.25
12061	Nuts, almonds	28.35	1 oz (24 nuts)	8.22
19071	Candies, carob	28.35	1 oz	7.94
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	7.92
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	7.92
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	7.86
11740	Broccoli, flower clusters, raw	11	1 floweret	7.81
20037	Rice, brown, long-grain, cooked	195	1 cup	7.80
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	7.80
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	7.75
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	7.74
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	7.74
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	7.68
13348	Beef, cured, corned beef, canned	85.05	3 oz	7.65
19422	Snacks, potato chips, reduced fat	28.35	1 oz	7.65
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	7.65
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	7.65
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	7.65
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	7.65
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	7.65
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	7.59
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	7.56
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	7.56
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	7.56
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	7.54
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	7.52
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	7.52
09250	Peaches, frozen, sliced, sweetened	250	1 cup	7.50
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	7.44
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	7.44
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	7.44
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	7.44
11135	Cauliflower, raw	13	1 floweret	7.41
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	7.37
11084	Beets, canned, drained solids	24	1 beet	7.20

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06121	Gravy, mushroom, canned	59.6	1/4 cup	7.15
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	7.11
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7.09
20125	Spaghetti, whole-wheat, cooked	140	1 cup	7.00
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	7.00
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	7.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	6.86
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6.80
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	6.80
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	6.80
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	6.80
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	6.72
19297	Jams and preserves	20	1 tbsp	6.60
19015	Snacks, granola bars, hard, plain	28.35	1 bar	6.52
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	6.52
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	6.52
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	6.50
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6.45
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	6.40
21139	Fast foods, potato, mashed	80	1/3 cup	6.40
09150	Lemons, raw, without peel	58	1 lemon	6.38
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	6.27
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	6.24
18170	Cookies, fig bars	16	1 cookie	6.24
12142	Nuts, pecans	28.35	1 oz (20 halves)	6.24
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	6.24
09152	Lemon juice, raw	47	juice of 1 lemon	6.11
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	6.10
20068	Tapioca, pearl, dry	152	1 cup	6.08
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	6.00
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	5.95
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.95
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.95
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.95
19123	Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	5.88
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	5.87

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19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	5.80
01186	Cheese, cream, fat free	15.6	1 tbsp	5.77
05306	Poultry food products, ground turkey, cooked	82	1 patty	5.74
09326	Watermelon, raw	286	1 wedge	5.72
19190	Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	5.68
05277	Chicken, canned, meat only, with broth	142	5 oz	5.68
05286	Turkey and gravy, frozen	142	5-oz package	5.68
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	5.67
19212	Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	5.60
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	5.48
09191	Nectarines, raw	136	1 nectarine	5.44
09087	Dates, domestic, natural and dry	41.5	5 dates	5.40
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	5.39
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.39
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5.16
01009	Cheese, cheddar	28.35	1 oz	5.10
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5.10
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	5.10
09236	Peaches, raw	170	1 cup	5.10
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	5.10
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.10
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5.10
19080	Candies, semisweet chocolate	168	1 cup	5.04
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.04
11253	Lettuce, looseleaf, raw	10	1 leaf	5.00
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	5.00
18232	Crackers, wheat, regular	8	4 crackers	4.96
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	4.96
18226	Crackers, rye, wafers, plain	11	1 wafer	4.95
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	4.92
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	4.90
16120	Soy milk, fluid	245	1 cup	4.90
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	4.88
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	4.88
18217	Crackers, matzo, plain	28.35	1 matzo	4.82
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	4.80
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	4.74

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19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	4.62
18235	Crackers, whole-wheat	16	4 crackers	4.48
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	4.48
09298	Raisins, seedless	145	1 cup	4.35
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	4.32
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	4.25
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.25
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.25
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.25
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	4.25
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.25
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4.16
09003	Apples, raw, with skin	138	1 apple	4.14
02027	Spices, oregano, ground	1.5	1 tsp	4.11
19013	Snacks, fruit leather, pieces	28.35	1 oz	3.97
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	3.97
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	3.96
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	3.96
11028	Bamboo shoots, canned, drained solids	131	1 cup	3.93
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3.84
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	3.70
19097	Frozen desserts, sherbet, orange	74	1/2 cup	3.70
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	3.68
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.64
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	3.60
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	3.52
09032	Apricots, dried, sulfured, uncooked	35	10 halves	3.50
02026	Spices, onion powder	2.1	1 tsp	3.49
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3.44
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	3.40
01030	Cheese, muenster	28.35	1 oz	3.40
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	3.40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3.40
11677	Shallots, raw	10	1 tbsp	3.40
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	3.40
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3.40
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	3.40
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	3.39
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	3.39
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	3.36
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	3.30

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11960	Carrots, baby, raw	10	1 medium	3.30
09316	Strawberries, raw	18	1 strawberry	3.24
19126	Candies, milk chocolate coated peanuts	40	10 pieces	3.20
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	3.16
09021	Apricots, raw	35	1 apricot	3.15
11156	Chives, raw	3	1 tbsp	3.15
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	3.12
13350	Beef, cured, dried beef	28.35	1 oz	3.12
01031	Cheese, neufchatel	28.35	1 oz	3.12
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	3.10
02015	Spices, curry powder	2	1 tsp	3.08
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.06
09094	Figs, dried, uncooked	38	2 figs	3.04
09160	Lime juice, raw	38	juice of 1 lime	3.04
09326	Watermelon, raw	152	1 cup	3.04
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	3.00
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	2.96
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	2.94
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	2.94
09236	Peaches, raw	98	1 peach	2.94
02055	Horseradish, prepared	5	1 tsp	2.85
01035	Cheese, provolone	28.35	1 oz	2.84
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	2.84
19056	Snacks, tortilla chips, plain	28.35	1 oz	2.84
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.84
07008	Bologna, beef and pork	56.7	2 slices	2.84
09070	Cherries, sweet, raw	68	10 cherries	2.72
11282	Onions, raw	14	1 slice	2.66
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	2.66
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	2.66
02009	Spices, chili powder	2.6	1 tsp	2.60
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	2.56
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2.56
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.55
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2.55
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	2.55
09020	Applesauce, canned, sweetened, without salt	255	1 cup	2.55
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	2.55
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	2.55
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	2.55

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01057	Eggnog	254	1 cup	2.54
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.52
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	2.51
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.50
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	2.50
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	2.48
14267	Fruit punch drink, canned	248	8 fl oz	2.48
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2.46
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	2.45
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2.44
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.44
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	2.41
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	2.40
11954	Tomatillos, raw	34	1 medium	2.38
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	2.35
02029	Spices, parsley, dried	1.3	1 tbsp	2.34
16055	Carob flour	8	1 tbsp	2.32
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2.27
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.27
11935	Catsup	15	1 tbsp	2.25
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	2.25
02028	Spices, paprika	2.1	1 tsp	2.23
11333	Peppers, sweet, green, raw	10	1 ring	2.20
09316	Strawberries, raw	12	1 strawberry	2.16
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	2.12
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	2.06
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	2.03
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	2.00
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.98
01026	Cheese, mozzarella, whole milk	28.35	1 oz	1.98
19078	Baking chocolate, unsweetened, squares	28.35	1 square	1.98
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.98
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.98
14390	Cocoa mix, with aspartame, prepared from item 14196	192	1 serving	1.92
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.92
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.90
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	1.89
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	1.89

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01017	Cheese, cream	14.5	1 tbsp	1.89
19035	Snacks, popcorn, oil-popped	11	1 cup	1.87
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.86
19034	Snacks, popcorn, air-popped	8	1 cup	1.84
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.80
19036	Snacks, popcorn, cakes	10	1 cake	1.80
07024	Frankfurter, chicken	45	1 frank	1.80
07023	Frankfurter, beef and pork	45	1 frank	1.80
07022	Frankfurter, beef	45	1 frank	1.80
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.78
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.78
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.73
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.70
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.70
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	1.70
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	1.70
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.70
01040	Cheese, swiss	28.35	1 oz	1.70
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	1.70
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	1.70
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	1.70
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	1.70
09291	Prunes, dried, uncooked	42	5 prunes	1.68
19014	Snacks, fruit leather, rolls	21	1 large	1.68
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.65
04015	Salad dressing, russian, with salt	15.3	1 tbsp	1.53
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.52
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	1.50
02045	Spices, dill weed, fresh	1	5 sprigs	1.50
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.44
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.44
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	1.38
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1.38
11955	Tomatoes, sun-dried	2	1 piece	1.36
09279	Plums, raw	66	1 plum	1.32
01056	Cream, sour, cultured	12	1 tbsp	1.32
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	1.30
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.23
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	1.22
11429	Radishes, raw	4.5	1 radish	1.22
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.21

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.20
06125	Gravy, turkey, canned	59.6	1/4 cup	1.19
06119	Gravy, chicken, canned	59.5	1/4 cup	1.19
06116	Gravy, beef, canned	58.25	1/4 cup	1.17
07069	Salami, cooked, beef and pork	56.7	2 slices	1.13
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.13
07017	Chicken roll, light meat	56.7	2 slices	1.13
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1.10
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1.08
01124	Egg, white, raw, fresh	33.4	1 large	1.00
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.95
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.94
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.92
11935	Catsup	6	1 packet	0.90
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.87
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.76
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.76
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.76
14181	Chocolate syrup, without added nutrients	18.75	1 tbsp	0.75
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0.74
11943	Pimento, canned	12	1 tbsp	0.72
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.70
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.69
02010	Spices, cinnamon, ground	2.3	1 tsp	0.67
11937	Pickles, cucumber, dill	65	1 pickle	0.65
07083	Vienna sausage, canned, beef and pork	16	1 sausage	0.64
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.63
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0.62
01052	Cream, fluid, light whipping	15	1 tbsp	0.60
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.60
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.60
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.57
07064	Pork sausage, fresh, cooked	27	1 patty	0.54
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.52
07064	Pork sausage, fresh, cooked	26	2 links	0.52
19074	Candies, caramels	10.1	1 piece	0.51
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.50
19116	Candies, marshmallows	50	1 cup	0.50
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.49
01049	Cream, fluid, half and half	15	1 tbsp	0.45
01145	Butter, without salt	14.2	1 tbsp	0.43

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01001	Butter, with salt	14.2	1 tbsp	0.43
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.42
09298	Raisins, seedless	14	1 packet	0.42
19296	Honey, strained or extracted	21	1 tbsp	0.42
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.40
01032	Cheese, parmesan, grated	5	1 tbsp	0.40
07072	Salami, dry or hard, pork, beef	20	2 slices	0.40
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.34
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.30
07073	Sandwich spread, pork, beef	15	1 tbsp	0.30
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.28
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.28
02030	Spices, pepper, black	2.1	1 tsp	0.21
07027	Ham, chopped, not canned	21	2 slices	0.21
02007	Spices, celery seed	2	1 tsp	0.20
19305	Molasses, blackstrap	20	1 tbsp	0.20
19300	Jellies	19	1 tbsp	0.19
19294	Fruit butters, apple	17	1 tbsp	0.17
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	0.17
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.16
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.16
11945	Pickle relish, sweet	15	1 tbsp	0.15
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	0.14
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.14
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.09
11215	Garlic, raw	3	1 clove	0.09
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.07
02020	Spices, garlic powder	2.8	1 tsp	0.06
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.05
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.05
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	0.05
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.05
19334	Sugars, brown	3.2	1 tsp	0.03
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.00
01072	Dessert topping, pressurized	4	1 tbsp	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01069	Cream substitute, powdered	2	1 tsp	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
14194	Cocoa mix, without added nutrients, powder, prepared with water	206	1 serving	0.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.00
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.00
09004	Apples, raw, without skin	110	1 cup	0.00
19041	Snacks, pork skins, plain	28.35	1 oz	0.00
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.00
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
09294	Prune juice, canned	256	1 cup	0.00
19107	Candies, hard	3	1 small piece	0.00
19107	Candies, hard	6	1 piece	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.00
14150	Carbonated beverage, orange	372	12 fl oz	0.00
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.00
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
09292	Prunes, dried, stewed, without added sugar	248	1 cup	0.00
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	0.00
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00

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04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.00
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
04133	Salad dressing, french, home recipe	14	1 tbsp	0.00
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.00
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.00
04002	Lard	12.8	1 tbsp	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.00
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.00
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.00
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.00
14429	Water, municipal	237	8 fl oz	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
19353	Syrups, maple	20	1 tbsp	0.00
02047	Salt, table	6	1 tsp	0.00
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.00